

Red Mountain Center Gym Schedule

7550 E Adobe Rd www.redmountaincenter.com

See reverse for Rules and Regulations

Effective August 2015

HOURS SUBJECT TO CHANGE WITHOUT NOTICE



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	West Court	East Court	West Court	East Court	West Court	East Court	West Court	East Court	West Court	East Court	West Court	East Court
5:30 AM	Open Gym 5:30-7:30a		Open Gym 5:30-10:00a		Open Gym 5:30-7:30a		Open Gym 5:30-10:00a		Open Gym 5:30-7:30a		Open Gym 8:00a-1:00p	
6:00 AM												
7:00 AM												
8:00 AM	Closed for Group Fitness Class 7:30-11:00a		Closed for Group Fitness Class 10:00a-12:30p		Closed for Group Fitness Class 7:30-11:00a		Closed for Group Fitness Class 10:00a-12:30p		Closed for Group Fitness Class 7:30-11:00a			
9:00 AM												
10:00 AM												
11:00 AM		Volleyball 11:00a-1:00p	Closed for Group Fitness Class 10:00a-12:30p			Volleyball 11:00a-1:00p	Closed for Group Fitness Class 10:00a-12:30p			Volleyball 11:00a-1:00p		
12:00 PM												
1:00 PM		Pickleball 1:30-3:30p				Pickleball 1:00-4:00p				Pickleball 1:30-3:30p		
2:00 PM	Open Gym 11:00a-9:00p		Open Gym 12:30-9:00p		Open Gym 11:00a-9:00p		Open Gym 12:30-10:00p		Open Gym 11:00a-9:00p			
3:00 PM												
4:00 PM												
5:00 PM												
6:00 PM												
7:00 PM							Volleyball 7:15-10:00p					
8:00 PM												
9:00 PM												



Gym Rules and Regulations

Admission pass is required for gym activities.

Children under the age of 8 must have a parent in the facility.

NO full court games and NO 5-on-5 games.

NO food, drinks, or chewing gum allowed in gym (Water bottles only, no glass containers).

NO foul or abusive language.

NO dunking or hanging on basketball rims.

Appropriate clothing attire required at all times (shirt, shoes, etc).

Court shoes only, no hiking boots or street shoes.

Do NOT throw or hit anything to or from the second level. NO spitting in water fountains, on floors or walls.

Be considerate to other participants.

City of Mesa not responsible for lost or stolen items.

Failure to follow these rules and regulations may result in the suspension of facility privileges